**Title**

Family Contract to Prepare for Long Term Success

**Time**

Pre-session preparation for learners:  5 minutes

Session: 20 minutes

**Materials Checklist**

Family Contract to Prepare for Long Term Success

Pen/Pencil

**Objectives**

Learn how to prepare for long-term success

Learn how to stay active during the holidays

**Learners will be able to:**

Prepare for long-term success

Stay active during the holidays

**Exercises and Activities to Complete Before and During the Session**

Make a commitment for long-term success

**Pre-session Preparation**

**Read (5 minutes)**

Family Contract to Prepare for Long Term Success

**During the session**

**Present/Review (10 minutes)**

Tell Participants: This contract will provide steps to prepare for long-term success including team-building sections “we will count on you to” and “you can count on us to”.

Guide Participants through ‘We Will Count on You to’ and ‘You Can Count on us to’.

**Discuss (10 minutes)**

Remind Participants to remember, based on what we have discussed today, and your desire for long-term success, they are committing to attending ongoing sessions and will work with their Facilitator in the ways described.